



NANCY  
*griffin*



AGING & HEALTHY  
LONGEVITY EXPERT, SPEAKER,  
ADVISOR, PODCAST HOST

[nancy@glowingolder.com](mailto:nancy@glowingolder.com)

# ABOUT NANCY

**Nancy Griffin** is a healthy longevity thought leader working at the intersection of aging and wellness.

With more than 30 years in the wellness and spa industry and five years focused exclusively on aging well, Nancy brings a rare cross-sector perspective to the future of longevity.

She is the host of *Glowing Older*, where she has interviewed over 230 global experts across 23 seasons on topics including healthspan, caregiving, AgeTech, purpose, social health, and the cultural narrative around aging.



Her successful *Better with Age* events at country clubs and senior living communities provide inspiration and education to older adults wanting to live better, longer.

Nancy's core message centers on aligning healthspan with lifespan - helping individuals live better, longer and organizations ensure that increased longevity translates into sustained performance, independence, and meaningful engagement across the workforce.

# KEY EXPERTISE

- > Healthspan strategy
- > Innovation in aging well
- > Age equity and internalized ageism
- > Social health and intergenerational connection
- > Purpose and lifelong learning
- > Solo aging and caregiving trends
- > AgeTech and Longevity Design

GROWING OLDER  
IS NOT  
LIMITATION,  
IT IS  
*Liberation*



# CREDENTIALS & AFFILIATIONS

- ↘ Member, [AgeTech Collaborative from AARP](#)
- ↘ Industry Scholar, [Cornell Institute for Healthy Futures](#)
- ↘ Member, [Global Wellness Institute Aging Well Initiative](#)
- ↘ Founder, [SeniorTrade](#)
- ↘ Founder, [Glowing Older Podcast and Events](#)
- ↘ Founder, [ExposeAgesim](#), a movement to eliminate ageism in the beauty and wellness industries

In her previous career as a wellness entrepreneur, Nancy founded **SpaTrade**, the industry's first online community for spa professionals, and SpaExec, a series of regional events hosted at luxury properties—Both of which were acquired by Questex in 2008.

Her clients have included hundreds of wellness and spa businesses, including global brands such as **L'Oréal, Clarins, and Estée Lauder**.

# PODCAST HIGHLIGHTS

6

## *Glowing Older*



Nancy has conducted 240 in-depth interviews across five years and 24 seasons

The show explores:

- Emerging longevity research
- AgeTech innovation
- Senior living transformation
- Brain health and cognitive resilience
- Purpose-driven aging
- The economic and cultural shifts shaping extended lifespans

**The podcast ranks in the top 10% globally (Listen Notes).**

# FEATURED PODCAST & MEDIA APPEARANCES

Nancy has been a guest on multiple podcasts and educational platforms, including:

---

- GetSetUp - [🔗 How Positive Aging Adds Years to Your Life](#)
- eCornell Keynote - [🔗 Healthy Longevity & the Future of Aging](#)
- Starrcast Podcast - [🔗 Redefining Longevity and Living Well at Any Age](#)
- ComForCare Podcast - [🔗 The Future of AgeTech in Caregiving](#)
- 45 Forward - [🔗 How we can transform Growing Older into Glowing Older](#)



[🔗 Watch The Video](#)

# SPEAKING TOPICS

Nancy is available for keynote presentations, panel discussions, and podcast interviews on topics including:

---

How Corporations can Retain Employees and Increase The Bottom Line through Age Equity

The Formula to Matching Healthspan to Lifespan

What 230 Experts are saying about Aging Well

Overcoming Internalized Ageism

Designing Communities for The New Longevity

The Future of Senior Living

Intergenerational Leadership and Social Health

Aging as a Structural and Cultural Issue

# IDEAL AUDIENCE



Women 45+ navigating midlife and beyond



Adult children supporting aging parents



Longevity and wellness professionals



Senior living leaders and residents



Corporate leaders planning for multi-decade careers



Podcast audiences interested in thriving across the lifespan

# PROMOTION & REACH

Nancy promotes all appearances through:



14,500+  
LinkedIn Connections



Facebook



Instagram



Newsletter and  
Professional Network



# CONTACT



For events, corporate seminars, podcast interviews, speaking engagements, panel discussions, or media features:

---

## NANCY GRIFFIN



[nancy@glowingolder.com](mailto:nancy@glowingolder.com)



[LinkedIn/nancygriffin](https://www.linkedin.com/in/nancygriffin)